



Olakino

Newsletter

May
Mei 2021

Serving Hawai'i Island For



30 YEARS

LOOK INSIDE TO learn about our Community Needs Survey!




Hui Mālama Ola Nā 'Ōiwi

CONTACT US

(808) 969-9220

contact@hmono.org

 /HMONO.org

 hui_malama_

HILO OFFICE

Open by appointment only. Please call
(808) 969-9220 to make an appointment.

1438 Kīlauea Avenue
Hilo, HI 96720

FAMILY MEDICINE CLINIC

See page 11

OLAKINO CONTACT

To submit feedback, subscribe to our
electronic newsletter, or inquire about
Olakino, please contact us at:

contact@hmono.org

ABOUT US

OLAKINO

Olakino is a newsletter written, designed, and edited in-house by Hui Mālama Ola Nā 'Ōiwi staff members. Printing of Olakino is provided by Kamehameha Schools East Hawai'i Region.

WHO WE ARE

Hui Mālama Ola Nā 'Ōiwi is a 501(c)(3) nonprofit organization. Incorporated in 1991, Hui Mālama Ola Nā 'Ōiwi serves as the Native Hawaiian Health Care System for Hawai'i island, providing traditional Hawaiian healing, medical, behavioral health, and community education services with the sole objective of improving access to quality healthcare, education, and services for the people of Hawai'i.

BOARD OF DIRECTORS

C. Noelani Ho'opai, Chair
Leilani Kerr, APRN, Vice Chair
Dr. Malia Tallett, PT, DPT, Secretary
Michael Sonoda Dias, Director
Kale Gumapac, Director



A Message From
Our Executive Director,
Lehua Andrade

Aloha mai kākou,

It is with great honor to announce that Hui Mālama Ola Nā 'Ōiwi celebrates its 30th Anniversary in Mei 2021. Mei also marks the 30th anniversary of our logo created by notable Hawaiian artist Imaikalani Kalahahele. The design is a reflection of our mission statement and beautifully illustrates our organization's role in engaging with our communities and partners.

The lower design of our logo is the mat or moena, representing the foundation of life from which the kahuna and the Hawaiian community he represents offers the tribute of awa as seen in the middle image indicating the 'umeke or calabash container holding the awa. The petroglyph depicts lāhui Hawai'i as she envelopes and extends her aloha and protection as she accepts the tribute of the health and wellness of her people.

Like the 'umeke in our logo, what we put in it is what we offer to others. In our 30th year, we continue to strive to ensure that our 'umeke is full and our offerings are purposeful for the well-being of our lāhui.

What fills your 'umeke? Please tell us about your needs in our Community Needs Survey. More information on filling out this survey is found on page 10.

Mahalo for your support over the past three decades and for joining us in our continued efforts to uplift the health of the people of Hawai'i.

Me ka ha'aha'a,

Lehua Andrade

Executive Director of Hui Mālama Ola Nā 'Ōiwi



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ONGOING SERVICES

In light of COVID-19, Hui Mālama is now offering our regular ongoing services online!

For updates, visit hmono.org/calendar.
*To sign up, visit hmono.org/services.

EXERCISE & FITNESS (*ALL ONLINE)

Basic Stretch & Strengthening Exercise
Tuesdays & Thursdays, 9:30am - 10:15am

Basic Therapeutic Yoga
Tuesdays & Thursdays, 5:00pm - 6:00pm

SUPPORT GROUPS (*ALL ONLINE)

MOMs to MOMs Breastfeeding Support Group
Fourth Wednesdays, 2:00pm - 3:30pm

Cancer Support Group
Second & Fourth Tuesdays, 5:00pm - 6:30pm

Cultural Wellness Support Group
Second, Third & Fourth Mondays,
5:00pm-6:00pm

Diabetes Support Group
First Tuesdays, 5:00pm - 6:30pm
Third Tuesdays, 1:00pm - 2:30pm

Patchwork Wellness
First Mondays, 5:00pm - 6:30pm

out in the Community!

A glimpse of what Hui Mālama Ola Nā 'Ōiwi is doing to help our Hawai'i island 'ohana Live Longer and Feel Better, Together!

Nurses Week 2021: May 6 – May 12



**Hui Mālama
Ola Nā 'Ōiwi**

**Mahalo Nurses
for serving our community!**

Honoring our Nurses & Clinic Providers...

Lehua Andrade, RN

Edna Baldado, BSN

Wanda Louis, RN

UH-Hilo School of Nursing Interns

Gaku Yamaguchi, MD

Stacy Haumea, DrBH, MPH, RDN, LD, CDCES

Sarah Josef, MA, RDN, LD

Donna Dennerlein, LCSW

...for providing Diabetes Self Management Education and Support, Hypertension Management, Basic Nutrition, Family Medicine, and Behavioral Health services to our community

Join us in our upcoming services by signing up online at HMONO.ORG/SERVICES
or contacting our offices today:

Family Medicine Clinic: (808) 796-3125 | Program Classes: (808) 969-9220

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Recognizing UHH School of Nursing Interns

Throughout the thirty years that Hui Mālama Ola Nā 'Ōiwi has been in existence our mission to care for the community remains steadfast. One of the many ways we have carried out this mission is through our internship program with University of Hawai'i at Hilo (UHH) School of Nursing.

During past internships with Hui Mālama, these nursing students gained various skills of leadership, community collaboration, class presentations and community engagement with adults, keiki, and kūpuna. Currently, they have assisted our Health Enhancement Program in creating

various educational projects from instructional handouts and videos for our clients to learn how to take their blood pressure, blood glucose and many more skills to improve health and wellness daily.

The countless hours these students have given to Hui Mālama show true dedication on their part. In addition to celebrating our 30th Anniversary as an organization, we'd like to honor the UHH School of Nursing Class of 2021! Mahalo nui loa to our future nurses and community leaders.



UHH School of Nursing Class of 2021 Interns

30 YEARS



A LOOK BACK

May 1, 2021 marks the 30th Anniversary for Hui Mālama Ola Nā 'Ōiwi. Through hard work, dedication, and generous hearts, our organization is honored to celebrate 30 years of service to our Hawai'i island community. Join us as we celebrate and reminisce by taking **a look back**, sharing **where we are now** with current services, and our hopes when **looking forward** to the future of Hui Mālama Ola Nā 'Ōiwi.

Keamalu Waltjen joined the Hui Mālama workforce in May of 1993. She was hired on as an Outreach Worker and transitioned into a Community Health Worker to this present day. She celebrates her 28 years with the organization by reflecting on the historical timeline of Hui Mālama:



Staff from community health organizations gather to address the health of Native Hawaiians in Hawai'i county. They form the Native Hawaiian Community Caring Health Task Force.

U.S. Congress enacts the Native Hawaiian Health Care Act to improve the health status of Native Hawaiians. Papa Ola Lōkahi is formed.

The Task Force begins receiving Native Hawaiian Health Care Act funds from Papa Ola Lōkahi to develop a nonprofit organization.

The Task Force forms Hui Mālama Ola Nā 'Ōiwi, an incorporated nonprofit organization.

◆ **October
1987**

◆ **October
1988**

◆ **March
1991**

◆ **May
1991**



Leenal Kaleiokealoha Castro is one of the first outreach workers of Hui Mālama Ola Nā 'Ōiwi since the organization's establishment in May 1991. She played a vital role in measuring the health-risk factors and implementing health

management assessments for clients across Hawai'i island. As years went by and the organization continued to grow, Leenal became the Hele Mai 'Ai Nutrition educator and worked as a Community Health Worker. She continues to coordinate Hele Mai 'Ai (*come eat*), a program developed in 2007 that still impacts current clients on how to eat healthier and participate in more physical activity.

Leenal shares, "teaching Hele Mai 'Ai is my passion," as she educates clients on how to become more aware of what they eat to lose weight and improve their overall health. She continues, "we just need to do one change at a time in improving our health."

As Leenal reflects back through her 30-year career with Hui Mālama she recognizes her biggest accomplishment as being a client advocate through home visits, assisting in documentation completion, identifying funding resources to pay for medical expenses, and obtaining insurance. Mahalo, Leenal, for your commitment and dedication to helping Hui Mālama create a strong and healthy Hawaiian Nation!

Aunty Edna Baldado is also celebrating 28 years of service with Hui Mālama. You may recognize her on the radio with her monthly health messages, but did you know she too



was involved in being a client advocate and assisting in the creation of the many services we have today? Aunty Edna shares, "doctors were amazed at the knowledge that our clients were getting. A patient and client of Hui Mālama spoke to their doctor about their A1C level and the doctor was surprised that the patient knew about that. Doctors started recommending our classes."

In her past work, Aunty assisted in coordinating services such as our Diabetes Education Program, Diabetes Support Group, and Cancer Support Group that are still active today. Through these efforts, community members began to grow more comfortable and joined our classes. They learned about health conditions and healthy choices.

Keep an ear-out for Aunty Edna's Health Messages airing on KAPA and KWXX monthly! And as always, you can read her message on page 12.

PHOTOS TAKEN FROM 1994 - 2008!



30 YEARS



WHERE WE ARE NOW

Since our incorporation as a nonprofit organization, we have expanded and enhanced our services to better fit your needs. In the past year alone, we have ensured that all of our services are now accessible online and virtually. This allows you, our community, to access our services from different locations including your own home, decreasing commute times and giving you more time to spend doing the things you love.

With the exception of billable medical services, all of our services are free thanks to the support of our funders and grant providers. Visit hmono.org/our-funders to learn more.

Sign up for our free and online services at any time at hmono.org/services so we can Live Longer and Feel Better, Together!

WHAT WE OFFER



FAMILY MEDICINE CLINIC

Our Family Medicine Clinic re-opened in February 2019. Learn more on page 11!

- Family Medicine
- Nutrition Counseling & Diabetes Education
- Behavioral Health



TRADITIONAL HAWAIIAN HEALING

La'au Lapa'au

- Workshops and classes
- Grow Your Own La'au
- Community Garden workshops
- Mala 101: Beginners Gardening classes

Ho'oponopono

- One-to-one consultations

Lomilomi

- Lomilomi massage in Hilo & Ka'ū
- Lomilomi ha ha

Healthy Hapai Prenatal Program

- Healthy Hapai classes
- Moms to Moms Breastfeeding Support Group

Makahiki Games



COMMUNITY HEALTH WORKERS

Our **Community Health Workers** are the bridge to the community, offering the following and more!

- Health presentations for schools, business, and community groups
- Health screenings
- Resource referrals



HEALTH ENHANCEMENT PROGRAM

Diabetes

- Diabetes Self Management Education Program

Exercise & Fitness

- Basic Stretch & Strengthening
- Therapeutic Yoga

Heart Health

- Hypertension Management Program
- Ola Hou I Ka Hula: Hula for Health

Immunization Program

- For keiki under 2 years old

Nutrition

- Chronic Kidney Disease
- Hele Mai 'Ai
- Mindful Eating Lab Level I & II
- Papa Kuke 'Oli 'Oli
- Patchwork Wellness

Special Events

- Ladies' Night Out
- Mālama Nā Keiki Festival

Support Groups

- Cancer
- Diabetes (adult and youth)
- Cultural Wellness



KŌKUA HALI SPECIALTY TRANSPORTATION

This quickly expanding program offers **transportation to medical appointments** for those with mobility restrictions.



SIGN UP FOR ANY OF THESE AT HMONO.ORG/SERVICES!

30 YEARS



LOOKING FORWARD

WHAT DOES THE FUTURE LOOK LIKE FOR HUI MĀLAMA?

We want to hear from you! For our Community Needs Assessment this year, we invite you to complete our survey to share your mana'o (*thoughts*) that we will use to map out a course for health improvement. See the information to the right!

HOW WILL WE DO THIS?

Through our Community Needs Survey, we will gain a snapshot of local policy, systems, and environmental change strategies currently in place that will help us identify areas for improvement. With this data, we plan to map out a course for health improvement by creating strategies to make positive and sustainable changes within our organization.

Our Missions and Vision remains the same: we will continue to take care and uplift the health of the Hawaiian nation. So let's build our future so we can all Live Longer and Feel Better, Together.

GETTING INVOLVED

DONATE

Donate monetarily at hmono.org/donate. For all other donations, please call (808) 969-9220.

SUBSCRIBE

Get automatic updates by subscribing to our electronic newsletter at hmono.org!

VOLUNTEER

Interested in volunteering? Contact our office at (808) 969-9220.



Hui Mālama
Ola Nā 'Ōiwi

COMMUNITY NEEDS SURVEY



SCAN ME!

E ho'oiikaika a ola ka lāhui Hawai'i
We envision a strong and healthy Hawaiian nation

HELP US TO MAKE POSITIVE AND SUSTAINABLE CHANGES
WITHIN OUR ORGANIZATION BY COMPLETING OUR SURVEY AT
[HMONO.ORG/COMMUNITY-NEEDS-SURVEY](https://hmono.org/community-needs-survey)

Survey available from April 9 through June 30, 2021



(808) 969-9220

[HMONO.org](https://hmono.org)



[/HMONO.org](https://facebook.com/hmono.org)



[hui_malama_](https://instagram.com/hui_malama)



**Hui Mālama
Ola Nā 'Ōiwi**

FAMILY MEDICINE CLINIC

Accepting New Patients & Offering Televisits!



Gaku Yamaguchi, MD
Family Medicine



Ninu A. Quirk, MD
Family Medicine
Temporarily until July 2021



Lauren Butcher, APRN
Family Medicine



Donna Dennerlein, LCSW
Behavioral Health



Stacy Haumea, DBH, RDN, CDE
Nutrition & Health Education



Sarah Josef, MA, RDN, LD
Nutrition & Health Education

Contact Us

Please call before visiting: 82 Pu'uhonu Place, Suite 209 | Hilo, HI 96720

Phone: (808) 796-3125 | **Fax:** 1-866-372-2766

Hours: Monday-Friday, 8:00am-5:00pm | *closed from 12:00pm-1:00pm*

New Patient Registration is available at the Family Medicine Clinic
and online at HMONO.org/family-medicine.

Aunty's Health Message



Aloha mai kākou,

Aloha mai kākou and welcome to Aunty's Health Minute brought to you by Hui Mālama Ola Nā 'Ōiwi, helping all of Hawai'i island live longer and feel better.

I am Aunty Edna and May marks our 30th anniversary of serving Hawai'i island, so we want to say mahalo for joining us in our journey to a healthy Hawai'i.



Although we are still experiencing coronavirus issues and some challenging weather conditions, we must work together by paying attention to each other and our surroundings so we can stay safe and healthy.

One way we can continue working together is by sharing our free and online support groups, like diabetes, cancer, and cultural wellness support groups.

Need help or want to talk story? Connect with us at Hui Mālama Ola Nā 'Ōiwi, working 30 years to help our Hawai'i island be a healthy and happy place. Visit our website at HMONO.org.



Hele mai, connect with us... and tell them Aunty Edna sent you!



Tune in to KAPA-fm and KWXX to hear Aunty Edna share her mana'o on how you can stay safe and healthy!

HEALTH UPDATES

COVID-19

Are we required to wear a mask?

Now that more of our community is getting vaccinated, are we still required to wear a mask? Here are some guidelines to review as stated in the Mayor's COVID-19 Emergency Rule No.14 Extension:

Is the activity Outdoors or Indoors?

OUTDOORS

Are you within 6 feet of another person who is not part of your household?

YES

You are required to wear a mask.

NO

You are not required to wear a mask.

If you are outdoors AND can maintain physical distance from people who are not part of your household, you are not required to wear a mask.

Please note, a mask is required at any time physical distancing is not possible so please have a mask with you and be prepared to put it on if needed.

INDOORS

You are required to wear a mask.

Outdoors:
Masks are required on Oahu if you are outdoors and within 6 feet of people who are not part of your household.

Indoors:
Masks are required if you are indoors. You may only remove a mask indoors if the specific activity allows for it (ex: dining in a restaurant)

Graphic sourced from <https://coronavirus-response-county-of-hawaii-hawaii-county-gis.hub.arcgis.com/pages/mask-rules>

As a reminder, the CDC (Centers for Disease Control & Prevention) strongly recommends wearing a mask in public at all times even if regardless of physical distance. For more information, visit <https://coronavirus-response-county-of-hawaii-hawaii-county-gis.hub.arcgis.com/pages/mask-rules>.

IMMUNIZATION PROGRAM

As part of the Hui Mālama Ola Nā 'Ōiwi Immunization Program, your child can receive a **FREE** backpack or sleeping bag if they meet the two criteria below:

1. Your child turns 2 years old between August 2020 and July 2021.
2. Your child has completed all 24-25 CDC recommended vaccinations (below).

Contact us at contact@hmono.org to submit your child's immunization card, register your child, and receive their makana!

CDC RECOMMENDED VACCINATIONS:

- DTP/Dtap 1
- DTP/Dtap 2
- DTP/Dtap 3
- DTP/Dtap 4
- IPV 1
- IPV 2
- IPV 3
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4
- VZV
- Hib 1
- Hib 2
- Hib 3
- HepB 1
- HepB 2
- HepB 3
- HepA
- MMR
- Influenza 1
- Influenza 2
- Rotavirus 1
- Rotavirus 2

For more information about our immunization program, visit our website at hmono.org/immunization-program.

Keiki Coloring Corner

This year, Hui Mālama Ola Nā 'Ōiwi is celebrating our 30th anniversary!
Use the color key below to reveal the picture!

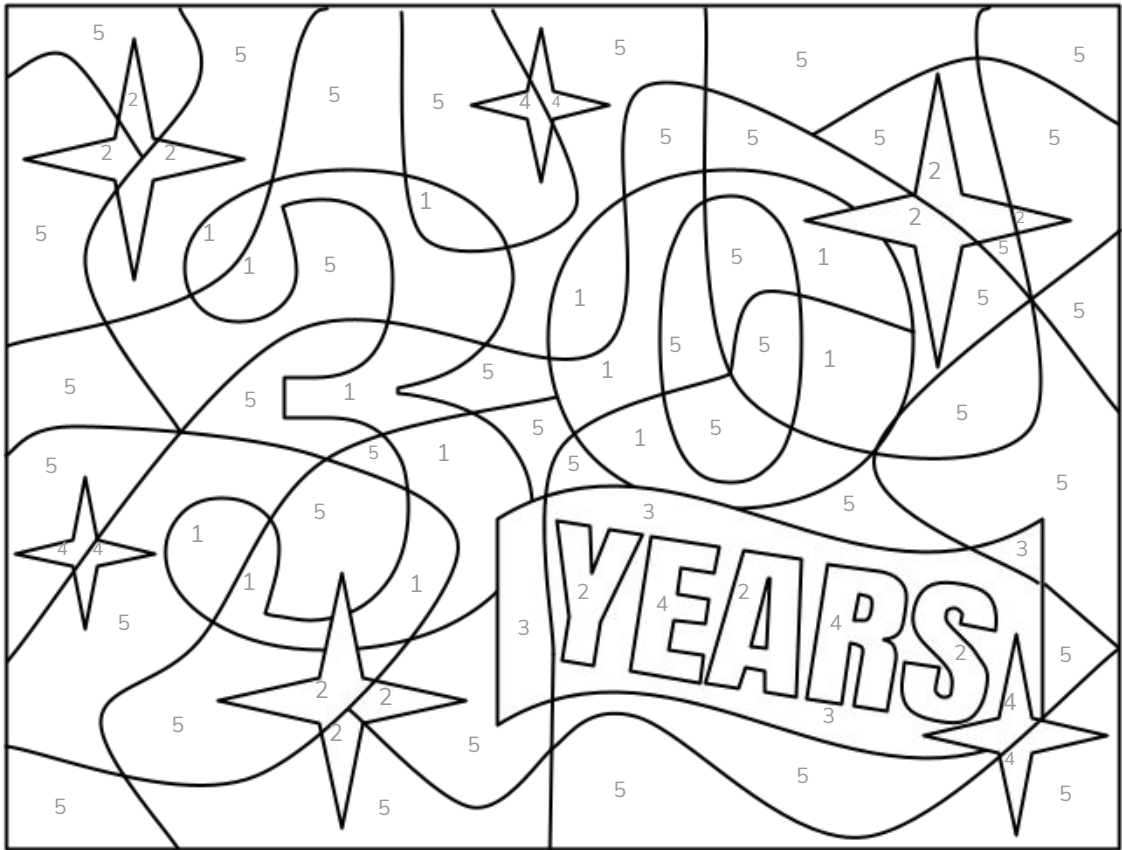
1 - dark green

2 - yellow

3 - light green

4-gray

5 - choose your color!




MATH BONUS!

This year is 2021 and Hui Mālama is celebrating our 30-year anniversary. Can you figure out what year Hui Mālama started?

$$\begin{array}{r} 2021 \text{ this year} \\ - 30 \text{ years} \\ \hline \end{array}$$

Hui Mālama started in the year _ _ _ _



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SIGN-UP TODAY! To sign-up for our classes, visit hmono.org/services SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES: contact@hmono.org or hmono.org/olakino Live Longer & Feel Better, Together!					 30th Anniversary 9AM La'au Lapa'au Workshop (online)
3 5PM Patchwork Wellness (online)	4 9:30AM BS&SEC (online) 10AM Tobacco Cessation 5PM Basic Therapeutic Yoga (online) 5PM Diabetes Support Group (online)	5 5PM Hula for Health (online) 5PM Diabetes Self Management Education Program (online)	6 9:30AM BS&SEC (online) 5PM Basic Therapeutic Yoga (online) 5PM Mindful Eating Lab Level 2 (online)	7 <div style="border: 1px solid green; padding: 5px; display: inline-block;"> BS&SEC Basic Stretch & Strengthening Exercise Class </div>	8
10 4:30PM La'au Lapa'au Level 1 (online) 5PM Cultural Wellness Support Group (online)	11 9:30AM BS&SEC (online) 10AM Tobacco Cessation 5PM Basic Therapeutic Yoga (online) 5PM Cancer Support Group (online)	12 5PM Hula for Health (online) 5PM Diabetes Self Management Education Program (online)	13 9:30AM BS&SEC (online) 5PM Basic Therapeutic Yoga (online) 5PM Mindful Eating Lab Level 2 (online)	14	15
17 4:30PM La'au Lapa'au Level 1 (online) 5PM Cultural Wellness Support Group (online)	18 9:30AM BS&SEC (online) 10AM Tobacco Cessation 1PM Diabetes Support Group (online) 5PM Basic Therapeutic Yoga (online)	19 5PM Hula for Health (online) 5PM Diabetes Self Management Education Program (online)	20 9:30AM BS&SEC (online) 5PM Basic Therapeutic Yoga (online) 5PM Mindful Eating Lab Level 2 (online)	21	22
24 5PM Cultural Wellness Support Group (online)	25 9:30AM BS&SEC (online) 10AM Tobacco Cessation 5PM Basic Therapeutic Yoga (online) 5PM Cancer Support Group (online)	26 2PM Breastfeeding Support Group (online) 5PM Hula for Health (online)	27 9:30AM BS&SEC (online) 5PM Basic Therapeutic Yoga (online)	28	29
31 OFFICE CLOSED					